

VA Benefits Separation Checklist
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Benefits you may apply for now, and use while on active duty:

- **Education** – GI Bill (VA Form 22-1990) www.gibill.va.gov, 1-888-442-4551
- **Home Loan Guaranty** – (use VA Form 26-1880) www.homeloans.va.gov or eBenefits
- **VET Centers** – mental health and readjustment counseling services
http://www.va.gov/directory/guide/vetcenter_flsh.asp
- **Transfer of Post 9/11 benefits** – must complete while in the Armed Forces.
http://www.gibill.va.gov/benefits/post_911_gibill/transfer_of_benefits.html
<https://www.dmdc.osd.mil/milconnect>; or www.ebenefits.va.gov
- **SGLI** (there is an accelerated benefits option for terminal illness) / **TSGLI** - Traumatic Serviceman's Group Life Insurance (for qualifying losses)
- **eBenefits** – Register for a Premium access account at www.ebenefits.va.gov. This is a joint VA/DOD web portal that provides resources and self-service capabilities to Veterans, Service members, and their families to research, access and manage their VA and military benefits and personal information. It is an essential way for Veterans, Service members, and their families to receive access to and service from VA and DoD.

Benefits you should apply for 180 days or less before discharge - Compensation for Service Connected Disabilities and must be able to schedule and report to all necessary examinations at LRMC
<http://www.benefits.va.gov/PREDISCHARGE/claims-pre-discharge-overseas-intake-sites.asp>

Gather/prepare the following:

- Copies of your service treatment records (include dental if filing a claim of that nature)
- Copies of all electronic medical records and any private treatment records
- Contact

Benefits Delivery at Discharge (BDD) Office
Landstuhl Regional Medical Center (LRMC)
Bldg 3700 Room 214
Phone: DSN 486-8028 or CIV 06371-86-8028
(0049-6371-86-8028 Outside Germany)
Fax: DSN 486-7886 or CIV 06371-86-7886
(0049-6371-86-7786 Outside Germany)
Email: GermanyBDD.vbapit@va.gov

Service members stationed within the Kaiserslautern Military Community (KMC) should visit the Landstuhl BDD Office and submit their application package (VA Form 21-526EZ, service treatment records) in person. Walk-in hours are from Tuesday through Thursday 10:00 to 12:00 and 13:00 to 15:00 hours.

Service members stationed outside the KMC, can participate in the BDD or Quick Start Programs through the "Fly-in" claim process. The Fly-in claim process reduces the necessary travel by allowing service members to submit applications by fax or e-mail. Participants are required to make just one trip to Landstuhl to complete a VA examination.

1. **Complete and return the application. VA Form 21-526EZ; VA Form 21-686c** (optional – if claiming dependents)

After the BDD office receives the necessary paperwork, the service member will be contacted via email with instructions to schedule the examinations at LRMC. Notification about what information and evidence is needed to support the claim will also be provided via email.

2. **Schedule and report for necessary examinations at LRMC.**

Service member will contact the clinics to schedule the necessary exams as directed in the instructions provided. Travel to Landstuhl must be arranged by the service member and approved by his or her command.

3. **Submit service treatment records (STRs) to VA.**

The service member MUST bring and submit a copy of his/her STRs when reporting to the VA examination. The STRs will not be returned. BDD and Quick Start Claims can not be processed without the STRs.

Benefits you should apply for ASAP upon discharge:

- **VA Healthcare** – Submit application online (using eBenefits) or in person. Use VA Form 10-10EZ. Follow-up by calling to schedule an enrollment appointment at the nearest VA healthcare facility
- **Dental** - Apply for one-time benefit if your dental was not completed while on active duty. Make sure that block 17 of your DD 214 is marked NO if an exam was not completed and/or treatment was not provided within 90 days of separation. You have 180 days upon discharge to apply for this benefit.
- **VGLI** - Apply for Veteran Group Life Insurance or commercial life insurance within 240 days of discharge. www.insurance.va.gov

****Schedule your DOD separation physical must be completed within 90 days of separation/retirement. Pay detailed attention when completing the Report of Medical History.***

When you receive your DD-214, provide a certified copy to VA (keep ORIG in SAFE place)

- NOTE: VA can provide certified copies but we need to see the original to do so.

For general questions regarding VA Benefits, call 1-800-827-1000 or visit www.va.gov